

#LiveLikeME

Preparation

for one day

- Arrange a food helper. They will either provide food for you on your LiveLikeME-day, or prepare it for you in advance. Cooking is not an M.E.-activity.
- Arrange daycare for your child(ren) or pets. Mind that you can barely dress yourself, let alone someone else.
- Make sure you have a decent timer. You'll need to set it very often.

Schedule

- Sleep until you wake up naturally (for me, this is usually around 9-9.30 a.m.).
- 1st wakefulness: Set timer to 1 hour and 5 minutes.
- Brush teeth, slowly get dressed (if today's a good day), have breakfast, maybe watch a little tv.
- Set timer to 20 minutes: Rest (lie in bed with your eyes closed, ideally wearing a sleeping mask and ear plugs).

The rest of the day, this is your schedule:

- Wakefulness: 45 minutes sitting in bed with pillows propped up behind you.
- Rest: 20 minutes lying in bed with your eyes closed, wearing a sleeping mask and ear plugs.

Do's

- Use a timer to monitor your wakefulness and rest times.
- Eat only healthy food.
- If you're having cereal for breakfast, you may prepare this yourself IF you do so sitting down.
- Stay in bed all day. You may get out of bed ONLY for using the toilet and to have lunch and dinner. Breakfast will be done in bed.
- If you have small children, they may visit you MAX. two times a day for no more than 15 minutes. More would cause PEM, which means you'll have to sleep all day the day after tomorrow. Older children can visit you a bit longer or more frequently, provided that they can sit quietly with you and not demand too much attention all the time. (Yes, I know people who have to live like this. Are you beginning to see how horrible M.E. is?)
- You may check social media MAX. three times a day for no more than 10 minutes at a time.
- You may play a game on your phone/tablet/laptop ONCE for no more than 10 minutes.
- You may watch tv MAX. four times a day for no more than 45 minutes AND provided that you only watch simple things (like children's movies or sitcoms) or programmes you've seen before.
- You may meditate.
- You may do a seated hobby that DOES NOT require a lot of thinking (so, no writing stories!).
- Go to sleep in the evening no later than 10 p.m. (this means lights out at 10!)

Don'ts

- Cook. You may not cook ANYTHING. Your helper will have to do this for you.
- Have visitors.
- Read books. Seriously. Not one single book. Sorry.
- Exercise. At all.
- Bathe or shower. Yep. You read that right. You may only use a wet wipe to quickly clean yourself a little.
- Do not exceed the 45 minutes of wakefulness!

